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WHEN IT MEANS ENOUGH

*A lecture given at Serenity Spiritualist Church on February 1, 1976
through the mediumship of Richard P. Goodwin*

As our chairman has stated, this morning's lecture is entitled *When It Means Enough*. Now, it seems that in life's experiences, there are many things frequently presented to our mind and we have to make decision and choice in those moments of what we call opportunity. But these decisions and these choices that we make are ever dependent upon our sense of values. And our sense of values in life are dependent upon the degree and the guidance of discipline that we have had at a very early age.

Without discipline in life our sense of values run far out of proportion and out of perspective, for the law states clearly that man does not value what he does not make effort to attain. So, that which drifts easily into our life as little children—that that we don't need to make great effort for—does not rise high on our list of values. The years pass and we grow up and become larger people, larger physically, but rarely larger emotionally and mentally. For our sense of values, dependent upon the guidance and discipline of early life, is not in

perspective to the moment of adulthood in the life that we live here on earth.

And so it is that many things mean enough to desire them, but so very few things in life mean enough to work for them. To stick with something that we have chosen in life, regardless of the calling of many other desires, takes a bit of will power, but that will power, which is the right of all men, is used so little until the day comes in our life that something means enough that we will work at it every day in every way. We will not dictate to the Divine Intelligent Law how much we have done to attain it, for when we entertain that type of thinking, then you may be rest assured we never really attained it in the first place. When the going gets rough, those who have been lacking in discipline are the first to quit, for they never strengthened their own will power, and before the victory we turn our backs and then we wonder why success has not entered our lives. It has not entered our lives, and cannot enter our lives, until it means enough to give up all other values that in anyway inter-

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WHEN IT MEANS ENOUGH

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fere with what we have chosen to do in life.

It has been stated in this Association that the key to success is the principle of effort, and that the principle of effort is the lack of concern. That simply means that we make a decision in life; we choose what it is we want to become; we place our attention upon the becoming, not upon the overcoming of other values in our life. And so it is, my friends, all souls whose destiny in truth is the fullness of life, to the mind is the success of life. And so we must learn in time that something, whatever it is that you choose to make it, but something must mean enough to you, or you will look at life in regret, in discouragement and in self-pity. It is only the lack in our own minds of continuity of effort to that that we have chosen to do in life; it is only that lack of directing the mind that causes us to entertain these thoughts of discouragement and of failure. We all know that life in truth is ever as we think it, and it is ever as we alone take it. And when it means enough to think it in peace and success and joy and fullness, then that is the way that we will take it, regardless of what

others think and regardless of what others say or do. They are not responsible for our life; they are only responsible for their own.

And so let us remember, our success in life is dependent upon how much it means to us, not by what we tell ourself it means to us, and not by what we tell others how much something means to us, but how we demonstrate it. And we demonstrate our values each and every moment of our life. We demonstrate those values by our acts and deeds. We demonstrate to ourselves and to all those who have eyes to see and ears to hear what our values are, for we are the living demonstration of those values, and when the going gets the roughest, the true value that man has within his own heart is the one that rises in the final analysis.

Know in life what it is you want to do—just know what you want to do—for the easiest step there is, is to attain it. But you must know what you want to do on Monday as well as Sunday, and it must be the same thing in the morning as it is in the evening, and no matter what other desires entertain your mind, that very thing you want to do must have always and forever

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THE PENETRALIA
 BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS
 by Andrew Jackson Davis

Continued from last issue—

Why do we not see more of this natural conscience?

The undying conscience is now obstructed in its efforts to gain the soul's attention. It is the declaration of the principle of Justice—the clear voice of Father-God in the garden—concerning whatsoever is Right to itself and just to all men. Oh, how glorious to own a *natural* conscience! Yet, as the world goes, how extremely painful and inconvenient! Its demands upon its possessor are at once imperative and unpopular; its judgments are neither time-serving nor transient; its rewards are unperishable; its golden words are engraved, *ambrotyped*, by Imagination on the Book of Life; and the voice of its words reverberates through the labyrinths of hidden experience, denying to the discordant and sinful soul a moment's silence, till each private evil is manfully overcome and its place occupied by whatsoever is truly just and fadelessly beautiful.

Is the imagination deceptive?

Yes; when the understanding is weak or undeveloped, or when the natural

conscience is overrun or temporarily superseded by the world's standards of right and wrong, then it is that Imagination becomes pregnant with crude forms and hurtful fancies.

What is the result in the mind?

The subjective result is that these forms and fancies—although not essentially false in the adaptation which is possible to them under the ministrations of enlightened reason—beset the mind with innumerable tricks and troublesome extravagances; hence we meet persons who, with a fruitful imagination and little conscience, seem to delight even themselves in recounting tales and adventures in which they were the heroes and victors.

Does intellect impair imagination?

Far from it; on the contrary, intelligence and a healthy conscience, combined, add consummate grace and facilities immense to this prophetic faculty; they unlock its mystic clairvoyance, inspire its pinions with herculean strength, and render it at once the most

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WHEN IT MEANS ENOUGH

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the highest priority. We delude ourselves by ourselves; no one does that to us. We delude ourselves by thinking that the way to attain something is to go outside and chase it in the universes. That is not what life is all about. Whatever we choose, when it means enough, will permeate our conscious and our subconscious minds. Those are the electro-magnetic fields of our universe, and it will broadcast out in invisible waves, in ways the minds cannot conceive. And like a great magnetic in the universe, it shall gravitate to you to the degree that you truly accept

that is what you want. Our minds are like radio stations; they are broadcasting when we are awake and when we are asleep, and all things in the universe are receptive to this broadcasting when they tune in on that frequency band.

And so, you see how simple the law of success truly is when it means enough to you, for you will rise in consciousness and steadily broadcast the very thing you so earnestly desire. And in so doing, the law fulfills itself and you become that which means enough to you.

THERE IS NO DEATH—THERE ARE NO DEAD

M. E. CADWALLADER

In observance of the 128th anniversary of Modern Spiritualism in the United States, the following article has been reprinted from the CENTENNIAL BOOK OF MODERN SPIRITUALISM IN AMERICA, 1948. — Editor

Spiritualism is as old as man. Max Muller wrote: "There has been no entirely new religion since the beginning of the world."

The evolution of religion through a period which dates back 10,000 years B.C., which is given as the date of true worship, shows that primitive man was ever searching for

that which was beyond his ken. The belief in spirits is the foundation of all religions of the world.

The records of history and the Bibles of the ages are filled with manifestations of the spirit. Seers and prophets were revered in the olden days, people consulted oracles and wise men, but instead of being

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Student's Corner



*by Patricia Graves**

The joy of living is experiencing the eternal now, claiming our divine choice in thought, followed by positive action, and surrendering our creed. Many things must we surrender prior to action and post-action. We have this divine right of choice to surrender to the Greater Authority in total acceptance and gratitude, eliminating greed, the fear causing the emotional body to rise and descend our soul. By surrendering our preconceived

thought of a "now" situation, we grant to ourselves the choice to pause and to think deeply and check our true motive. Only by the continuity of effort can we improve ourselves. We can see if we are truly making the effort by the laws we alone have set into motion which return to us. We can see for ourselves our progression.

Music is a very important factor in The Living Light philosophy. Music is harmony and vibrations and when we let music penetrate our whole being, we find that it is so easy to get into a peaceful feeling. We can choose any kind of music as long as it is in harmony with our soul. Some days we might enjoy classical,

*by Britt Toquinto **

other days country or western, but it does not matter what kind of music it is as long as we are in tune with it. The soul is hungry for harmonious music and it is a wonderful tool for finding relaxation.

VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

Continued from last issue—

The incessant formation of countless streams of ribbon-like rivers of electricity in the air, and from three to ten miles above the heads of mankind all over the round world, is in itself a scientific wonder, and is the cause of "more things (sights and signs) in heaven and earth" than is written down in any philosopher's volume. It is an invisible, natural fact at the basis of all atmospheric motions; it causes all electric variation; and explains the dipping and fluttering freaks of the magnetic needle. It is the primal cause of climatic alterations in the far upper strata of the atmosphere; the cause of the formation of banks of auroral vapor, and of certain boreal clouds of unrivalled brightness and beauty; the cause, in a word, of almost all the remarkable auroral and boreal splendors—the magnificent waves of prismatic light in the North, in the Eastern horizon, and sometimes brilliantly centering and unfolding like a blossomed rose at the Zenith; the cause of flashes of blood-red flame in the sky, or of undulations of various colors at prodigious altitudes, forming a corona of orange, green,

blue, purple, terminating in a center which *seems* to rotate like a wheel; the cause of the fearful development of floods of light resulting from the flight and ignition and sudden precipitation of cosmic atoms a few miles above the earth's surface, which flight occurs in a method somewhat periodical; the cause, in connection with the voluminous streams of terrestrial magnetism, of a certain proportion of the motion of the tides, of the alterations of the zones and of changes in inhabitable regions; and finally, and most remarkable of all, these mighty streams and rivers of electricity and magnetism, which are evolved from the inexhaustible fountains of the globe, have as much to accomplish in promoting and maintaining the *revolution* of the globe itself, regulated by the universal law of compensation or equivalents, as the vital forces, generated in and by the nerve-centers of the heart and brains and lungs in man's body, are compelled to accomplish in sustaining the involuntary motions of these organs by which they are energized with streams and rivers of life and animation,

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Visitors Views

"Very encouraging, very close feeling of brotherhood." L.S.

"Unusual, never experienced anything like it."

"My faith has been renewed and I will be back."

"The philosophy of this organization is helpful in the way that it seems to fit everything together, fill many gaps in everyday life. Makes you start taking responsibility for your surroundings."

"My belief in one God and one being has grown immensely. I find the services fantastic. My understanding of my personal being has grown also."

"I am truly grateful to find myself here at last. I want to go onward and stop looking back. This service was my first positive step in that direction. I will reflect and put your words to work." S.G.

"Reverence with God is longed for by many people. . . May all of you keep up such wonderful feelings." D.W.S.



"It was terrific! The energy was beautiful! God bless." C.D.

"Moved by the experience. Would like to find out why, being somewhat of a skeptic."

"I was feeling, am feeling, more than anything the confines of Form, of organization, of trying so hard to contact the spirit, to get out of myself, beyond myself. . . and finding myself here I see me, once again trapped by myself, not being able to get beyond it. For your being here tho, and letting me see myself, I thank you." L.D.M.

"I very much enjoyed my visit with all of you. It was a very great experience for me and I am so glad my friend brought me." B. J.

SPIRITUALIST DICTIONARY

SWAFFER, HANNEN

Born 1879 Popular journalist, author and Spiritualist, succeeded Sir Arthur Conan Doyle as President of the S.N.U. Great propagandist in the press for Spiritualism. Denis Bradley's direct voice phenomena convinced him of survival by the alleged return of Northcliffe in 1924.

SWEDENBORG, EMANUEL

Founder of the New Church and Swedenborgianism, famous seer of Sweden. Scientist, mining and military engineer, astronomer and physicist of repute, zoologist, financier, economist and prolific author. Son of a bishop, he graduated at Upsala University, studying under such celebrities as Newton, Flamsteed, Halley and Dr. Lahire. His famous vision of a fire 300 miles distant is well known. Kant relates several psychic experiences connected with him. Much of his work is in agreement with modern Spiritualism, though bound by theological tradition. He was in a sense, the first 'Spiritualist' who proved that

there was no death, and that the next world resembled this one.

SYMBOLISM

The art of representation by different means. Often the easiest and quickest method of conveying information is by a symbolic impression on the medium's mind; i.e. the name 'Penny' could be symbolized by a vision of the appropriate coin. The drawback is the possibility of mis-interpretation. Prophetic visions are often symbolic. Over years of close co-operation between control and medium, it often happens that a symbolic 'code' is built, of extreme reliability.

SYNCHRONICITY

A theory of acausal action, relating meaningful coincidences, put forward by Dr. C.G. Jung, after a study of the random symbolic methods of various divination practices.



WHEN THE BRAIN IS STILL,

GOD'S WORK IS DONE.

— *The Wise One*

PRAYER FOR SPIRITUAL HEALING

*I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.*

*I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.*

Healing Hands

As we begin to unfold spiritually in the Light, our horizons are broadened and our love is expanded to a more universal love of all life. We sense the goodness or God in all things and recognize and realize the truth that we indeed are all one. Being receptive to this Divine love, we soon reach the saturation point where we no longer can comfortably receive until we give. We were meant to be free channels for the flow of God's love and we are taught "as we give unto us shall be given". It is at this point in evolution that the soul cries out in gratitude to serve selflessly as a means of directing and giving this love in a neutral way.

All forms of selfless service for God are an expression of love. A great healing takes place both in the giver and receiver when we serve, for the Living Light philosophy teaches "Love conquers all for love is harmony, perfectly ex-



by Sandy Johnson*

pressed." This great love is the same Divine infinite love that holds all things in space and through which all things are made possible.

When we wish to make a change in our life or we wish to help another, let us remember the power of love through our receptivity to and expression of the Divine. "We cannot give to another," however, "what we have not first granted unto ourselves." Herein lies the great value in the teaching, "Know thyself and ye shall know the truth and the truth shall set you free." We must always first go within to find God, forgive and surrender our transgressions of the Divine natural law that we may be the open free channels of God's all-healing love.

HEAVENLY HOME

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not to speak of the elements of the future spiritual body which those same organs and forces are constantly attracting, evolving, and refining.

But you must not, because of all this overwhelming newness and beauty in the organization of Father God and Mother Nature, lose your mental sight of the subject just now so interesting—namely: the formation at the same moment, and in all seasons, and on all sides of the earth, of the great streams of electricity which speed, with a thought's celerity, into

the spiral electric helix at the great north center; whereby is generated and evolved a flood of magnetism, which is positive and warm to the negative and cold volumes of electricity; which positive golden Amazonian river, like a warm Gulf-Stream tending toward regions far, far among the stars, first rises high in the air, and, flowing above the South-pole, pulsates onward and outward and upward and *inward*, until it breaks like a note of immortal melody upon the welcoming shores of the Summerland.

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THERE IS NO DEATH—THERE ARE NO DEAD

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persecuted because of their talents they were honored and received the homage of kings.

A medium foretold the birth of Jesus, whose brief life on earth was filled with the performance of many so-called miracles which in reality were spiritual phenomena. He spoke in parables and said: "Greater things than these shalt thou do."

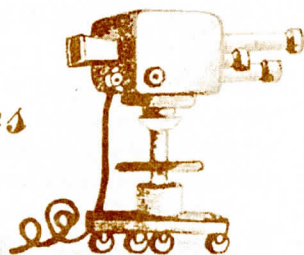
Swedenborg was another remarkable Seer, and our own Andrew Jackson Davis was the "John the Baptist"—the fore-runner of Modern Spiritual-

ism. Many times it is claimed that the Advent of Modern Spiritualism should be dated from his vision of Galen, who gave him the Magic Staff: "Under all circumstances keep an even mind."

By common acceptance March 31, 1848, is the date that has officially been celebrated as the day when the raps at Hydesville, N.Y., in the home of the Fox Family, heralded to the world the stupendous message: "There is no death; there are no dead" reciprocal communication had

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News & Views



*by Duncan Robertson**

Those who view themselves as a helpless pawn in a game of life over which they have no control tend to react to changes by becoming depressed, according to Daniel Goleman, Ph.D., author and researcher on meditation. Citing an article by Julian B. Rotter, "External and Internal Control," Goleman says that people who assume a chronically helpless attitude "are what Rotter calls 'externals.' They believe that personal rewards depend on the whim of external people and events rather than on their own actions. Such people see life changes as preordained fate, luck or chance. Internals, on

the other hand, believe that they control their own fates. Internals survive the slings and arrows of life better than the depression-prone externals." When faced with seeming setbacks, Goleman says that internals are more likely to respond with positive action "to set things right." He notes that those who meditate regularly are more internal than external, and further, that "experienced meditators feel more in control of their lives than beginning meditators."

A University of California professor of medical psychology says "spiritually crippled" Americans are mistakenly converting to Zen and Transcendental meditation in hopes of short-cut understanding of the wisdom of the East.

Dr. Robert Ornstein, addressing 1300 health scholars, students and practitioners at a U.C. symposium in Los Angeles said that meditation alone,

without philosophical preparation and the discipline that accompanies its use in Eastern religions, is a "perversion of both science and meditation." Ornstein cautions that Americans are making the "fundamental mistake" of trying to use meditation techniques for solving emotional problems without first preparing philosophically.

GUIDE TO MEDIUMSHIP AND PHYSICAL UNFOLDMENT

by E. W. and M.H. Wallis

WHAT THE MEDIUM CAN DO

Continued from last issue—

Too many people, instead of waiting until the spirits were ready to communicate with them, pressed for 'tests' before the connections were properly made; they complicated matters by their eager questionings, and worried the operators till everything went wrong, and then, because the answers were incorrect, inconsequent, misleading, or persistently negative, they declared that the spirit was a deceiver, evil or foolish, and, while having only themselves to blame, gave up the sittings in disgust, whereas, had they been less impetuous, less opinionated, less prejudiced they would in all probability have eventually obtained satisfactory proofs of the presence of their spirit loved ones.

PATIENCE REWARDED

We wonder sometimes what those people would say who are disappointed because, after a few sittings, they have not blossomed out into developed mediums, if they had to sit night after night for six months without missing a sitting and without being re-

warded by any sign or movement or external evidence, as Mr. and Mrs. Riley, of America, are reported to have done.

Although there was no outward or visible sign of the spiritual agency that was at work, this persevering couple, after waiting for six months, got their first fact—the table moved, and they knew that they had not moved it themselves. Evidently the spirits had not tried their patience for nothing, they had been busy forming the connections, for, from that time onwards, movements, messages, raps, writing, and finally marvelous materializations followed in fairly quick succession.

THE LESSONS OF FAILURES

It is unwise to expect that every seance will be successful, and sitters should not be disappointed if little or nothing occurs. Sometimes a 'good failure' is as helpful and as educational as a 'grand success,' if the members of the circle are thoughtful and observant and endeavor to ascertain the causes of the *non*-success. The varying conditions of body

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CHILDREN'S CORNER

In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes.—Editor

1st Principle-We believe in God. A persons actions shows their beliefs. If person needs help even a stranger who believes in God will stop and help. I feel God in my heart when I believe in him. The color of the first principle is probably purple.

Sean Connolly, Age 9

1st Principle-We believe in God. that people know God is still around them. The feeling comes from inside a person within my head. The color of the first principle is yellow to me.

Mary Connolly, Age 7

1st Principle-We believe in God. Beleiving in God means to me that people, the world want God. I feel it in my heart. The color blue is the meaning for God. The color Pink, Love is the color for the first principle.

Virginia Kohl, Age 11

I love God.

Erik Masad, Age 5

Happiness is nature and trees and stuff like that nature is almost everything.

Patrick Connolly, Age 8

Balance-When I hear balance I think of a mountain tammer. I feel balance is the color Dk. Blue the great me blows out the little me. Balance is the big me not the little.

Michael Field, Age 5

What is a freind to me. A freind is some one to chare with and love and be kind to. and do things together. I think the color of a freind is pink.

Yvonne Fernandes, Age 10

My favorite color is purple.

Maureen Connolly, Age 5

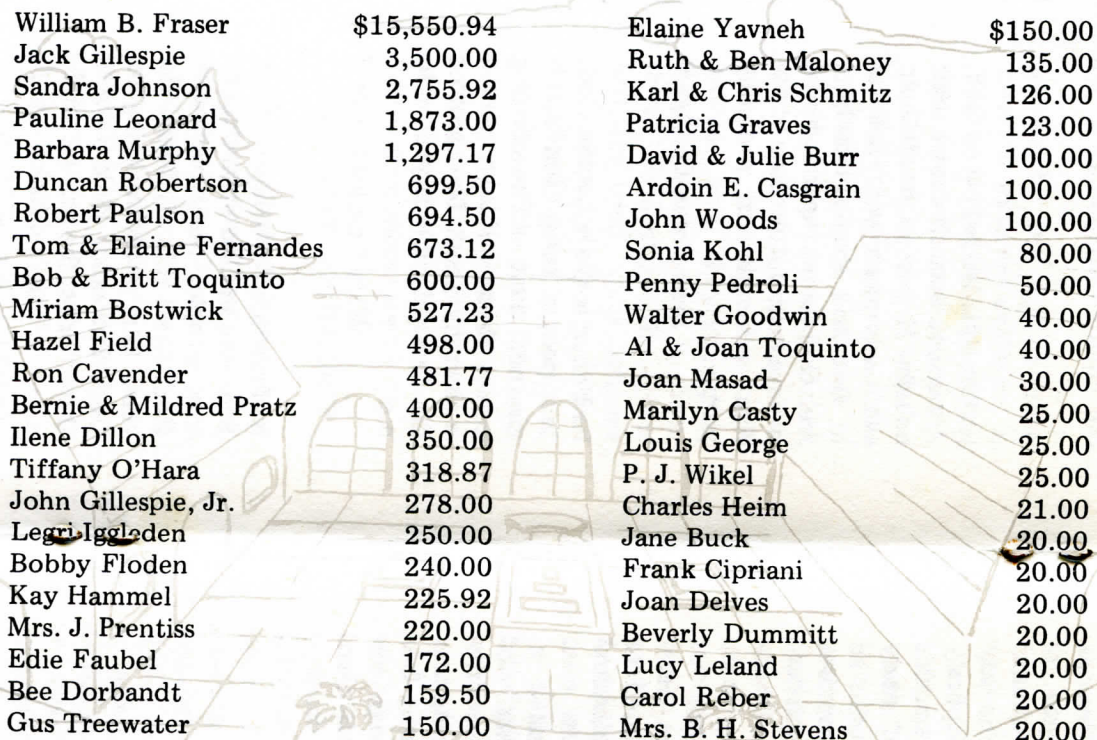
Responsibility is being on time. is following through with what you have said you would do.

Sean Connolly, Age 9

Serenity Church Builders

GOAL: \$540,000

JANUARY 1973 TO DATE: \$33,486.44



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Jack Gillespie	3,500.00	Ruth & Ben Maloney	135.00
Sandra Johnson	2,755.92	Karl & Chris Schmitz	126.00
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Sean Connolly	10.00
Lisa Toquinto	10.00
Mary Theresa Connolly	5.00
Maureen Connolly	5.00
Virginia Kohl	5.00

We gratefully acknowledge gifts to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for income tax purposes.

The Living Light

THE LIVING LIGHT is a unique book, presenting the first and fresh expression of the individual understanding of a Great teacher from other dimensions, known to us only as *The Old Man*. This book, given as a series of discourses to a class in spiritual unfoldment through the mediumship of Richard P. Goodwin, contains the understanding developed in *The Old Man* through centuries of study in the higher realms of Light. The lessons to be perceived are not new. In fact, they are very, very old, but they are new and alive to certain levels of our con-

sciousness. This is why they are given now, in our time, to those who seek. These lessons are not based on dogma or creed, rather on the natural laws of the universe. The way is not easy, but the simplicity of truth is gently taught in this inspirational course of study which, if applied, contains all the teachings and exercises necessary to unfold spiritual awareness, the Divine spark in every man. The system of teaching is carefully attuned to the individual student's own progressive awakening of the power within his being that he may truly free his soul from the bondage of creation.



SELECTED PASSAGE:

Find the purpose of your life,
learn to be free and then you shall
know this great God that is within
and without.

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GUIDE TO MEDIUMSHIP

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and mind of the medium and sitters alike have much to do with the results, affecting as they do the health and moods of all concerned. Sometimes the sensitive feels buoyant and free. He realizes that a strong influence is at work, and that he is open and responsive, and readily answers to the suggestions that are given to him from the other side; but on another occasion there may be a strange lack of life, and a heavy depressing feeling, a sense of isolation and of being empty and 'shut in' may overcloud him, and little or nothing of a spiritual or satisfactory nature occur. Most mediums experience periods when they are 'out of power,' and seem to have lost touch with the other side. It may be that they have exhausted themselves by overstrain, their spirit friends may have withdrawn for a time, the sitters may be tired, unhappy, or angular, or some uncongenial spirits may be at work trying to affect the sensitive, or to obtain power to move the table. In any case sitters must be prepared to experience such variations and to accept them with philosophic cheerfulness. It is sometimes difficult to discriminate between results arising from the stimulated

activity of the spirit self of the sensitive and those which are due to the operations of the incarnate operator; even the sensitive cannot at first tell how to distinguish between them, and only patience and experience will enable him to attain the ability to do so. In the meantime he must do his best.

HOW LONG WILL DEVELOPMENT TAKE

It is impossible to estimate how long it will take to develop the sensitiveness of any given person to that degree of responsiveness to spirit influence that it may be as 'reliable,' since so much depends upon the individual—upon his natural qualifications, so far as his susceptibility is concerned, and his spiritual preparedness, as well as his willingness and perseverance. Then, too, a good circle of harmonious and intelligent sitters will materially assist in the process of his unfoldment, whereas a circle of impatient and selfish people will provide conditions which will retard the progress, if they do not injure the psychical conditions, of the unfortunate sensitive.

(continued next issue)



Cook Book Capers

RECIPE FROM: *AN EVENING IN VIENNA*

AUSTRIAN BOILED BEEF (Gekochtes Rindfleisch) (Serves 4 to 6)

In a large pot combine a 3-pound boneless beef rump, bottom round, brisket or chuck roast (tied), 5 chicken bouillon cubes, 1 teaspoon salt and 2 quarts water or enough to cover. Skim off surface scum as it rises.

Meanwhile, in a heavy 12-inch skillet, heat 3 tablespoons butter. When foam subsides, add 2 cups quartered onions, 1 parsnip (scraped and cut into 1-inch chunks), 3 carrots (cut into 1-inch chunks), 4 large celery ribs (cut into 2-inch pieces), 1 leek (white part only) and 4 sprigs parsley. Over high heat, toss the vegetables in the hot butter for 4 or 5 minutes, or until they are lightly browned. Scrape them into the soup pot and bring the liquid to a boil again, skim off the surface scum and 1 bay leaf, 6 peppercorns and 4 whole allspice. Turn heat to its lowest point, partially cover the pot and simmer slowly for between 2 and 3 hours, until the beef is fork tender. Remove beef to a heated serving platter. Skim surface fat, strain stock through a large sieve, pressing down hard on the vegetables before discarding them. Taste for seasoning. Stock may be served as a soup or to cook dumplings in.

Horseradish Sauce (Krensaucce) (Makes 2½ cups of sauce)

Melt 4 tablespoons unsalted butter in a heavy 8-inch skillet over medium and when foam has subsided, add ¼ cup finely chopped onions and cook them, stirring occasionally, for 2 or 3 minutes. Stir in 4 tablespoons flour and continue to cook for about 8 minutes longer, stirring constantly, until the onions and flour become lightly colored. Add 2 cups beef stock, fresh or canned, 4 tablespoons grated fresh horseradish root or prepared horseradish, drained and squeezed dry, ¼ teaspoon salt, freshly ground black pepper, 1 tablespoon lemon juice and 1 teaspoon sugar. With a wire whisk stir the sauce, still over medium heat, until it becomes thick and smooth. Turn the heat to low and stir in ¼ cup heavy cream. Simmer the sauce for about 2 minutes over very low heat. Do not boil. Taste for seasoning and serve with boiled beef.

INVOCATION

O Great Infinite Intelligence, Divine Power of the Universe which gives to every form of life in nature's temple a voice of praise—to the songbirds in the trees, to the great deep that ceaselessly rolls its anthem and to the worlds that speed onward through limitless space, may we ever attune our song of life to its perfect home in the harmonious symphony of Thy Love. Grant us patience and courage to press onward to the goal, knowing in our hearts that what we are seeking is also seeking us.

READING

What is the rock upon which man may build his eternal home? In the shifting sands of time—the flux and flow of creation—there is no true security or firm foundation, for all is ceaselessly changing. Only that which never changes can sustain that which is eternal—the rock of Principle.

How can we find this home of our soul? The way out of a thing is the way that we got in —**SEEK AND YE SHALL FIND!** It is because man has wandered from his true home that he finds

himself bewildered in complexity and confusion. He has found that because that is what he has sought. Is what he has found that which in truth his soul is seeking? Is it the eternal peace and joy — the fullness of life that is the only thing worthy of his pursuit? It is not the getting of things that will lift our soul to Heaven's heights, it is the getting of understanding.

KNOW THYSELF, for in knowing thyself thy motives shall be revealed. That which we have sought has in truth come to us through the never-changing Law of God, and by that same Law through our trust therein shall we be transfigured and our heavenly home established. God in pure humility granted unto man the right to deny Him, but implicit in that right may man also accept Him. Be at peace, for that is God's way. Know simplicity, for that is Truth's way. And your way shall be revealed.

BENEDICTION

May the Light of Truth ever guide our pathway through life, bringing peace, joy and fulfillment into the lives of all. Amen.



Busy Bees

BUILDING FUND DRIVE

Serenity's Building Fund Drive is now underway and the opportunity is being extended to *SENTINEL* readers to join our members and friends in providing a permanent home for Serenity. Plans for the new edifice include a church, social hall with well appointed kitchen and dining facilities, consultation rooms and spiritual healing chapels, including one for the four-legged friends.

If you are not already a "Serenity Builder," won't you join our drive by donating a tax-deductible building block in the demonination of your choice. If you have already made a spiritual deposit, perhaps you will increase it.

We are currently renting space from the American

Legion to hold our church services and spiritual awareness classes, and rented office and living space is neither adequate for our minister and teacher, Mr. Goodwin, nor for those workers engaged in a variety of projects designed to keep our doors open and the Light shining to the world. Your support will be gratefully received.

ANNOUNCEMENTS

DINNER PARTY:

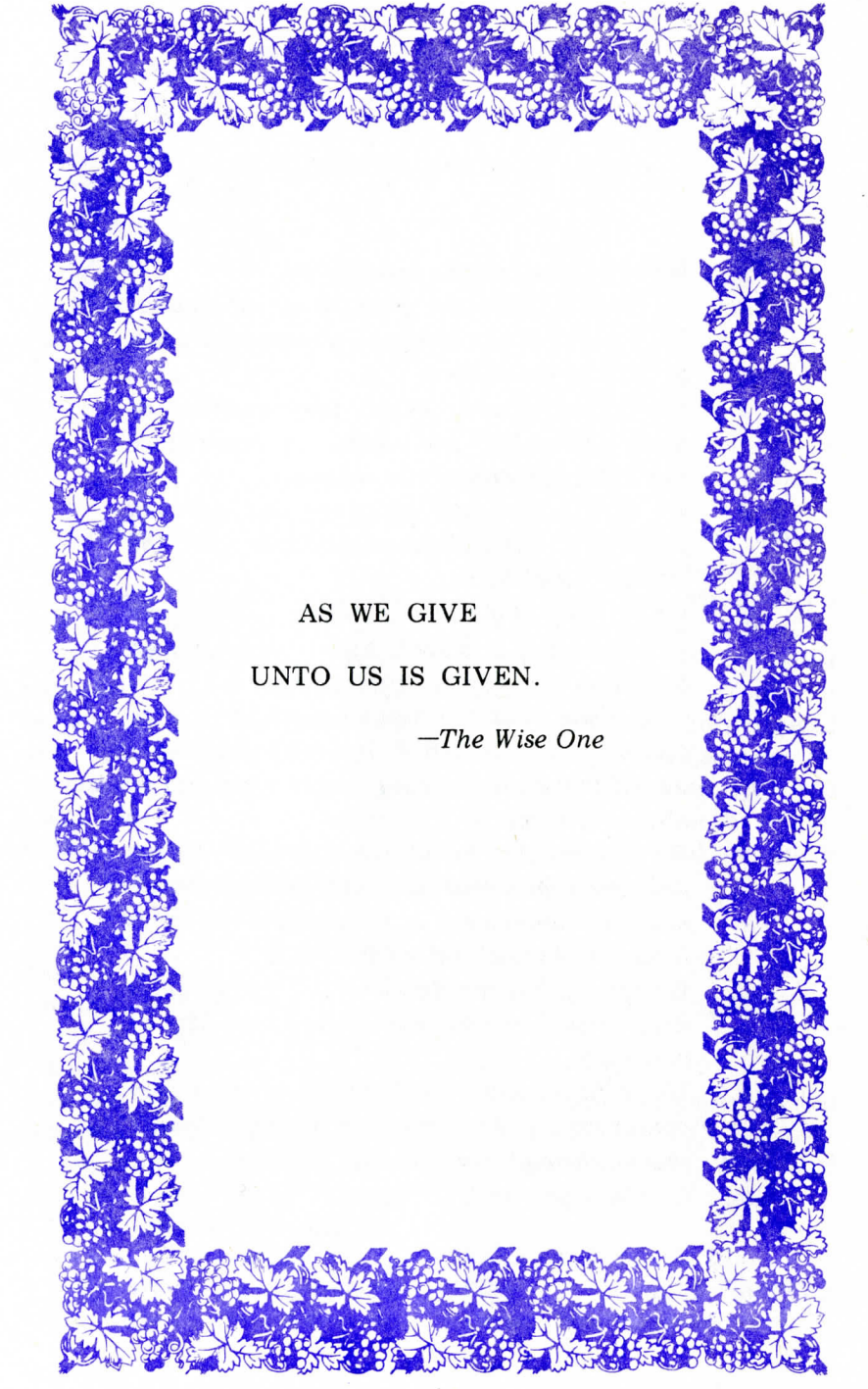
All are cordially invited to *AN EVENING IN VIENNA* on March 20, 1976. The social hour begins at 6:30 p.m.

BAKE SALE: March 27

Place: Redhill Shopping Center, San Anselmo

DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



AS WE GIVE
UNTO US IS GIVEN.

—The Wise One

BECOMING A SPIRITUALIST

by H. Gordon Burroughs

FAITH IN ACTION

Continued from last issue—

The next thing he did was to play his part by having faith, *believing* that the Father had already accomplished the thing that he was asking of Him.

But Christ did something as soon as he gave thanks to God for the thing that He had already accomplished. For instance, in the raising of Lazarus he walked over to the grave and said, "Come forth." Lazarus came forth. Do you think he would have arisen if Christ had simply trusted but had taken no action? Christ did not wonder how God would do it, or say, "I hope He does." He knew God had already heard and answered his prayer, because he, the Christ, had faith. *He put his faith into action.*

Now, how are you going to reach out and take from God the things that He has for you? The first thing is to do as he did, the Teacher and Demonstrator. Say, "Father, I already thank Thee for the thing that Thou hast done."

Thus you are rapping at the door of God's temple. Then every moment of your life, no matter how dark things look, you must put this faith of yours into action. You are not going to sit back and say, "God is going to do it." You are going to keep that thought in your mind, but you are going to exert an effort on your own part to do something to get that for which you have asked. It is at this point that people often make the mistake; they expect God to give to them without conscious effort on their part.

Our prayers go unanswered because we have not given thanks, in full faith, for the thing already accomplished. Go to Him and say, "Here I am, God. I already have given thanks for the thing I want and the things that you have already prepared for me." Then do something yourself to aid in the accomplishment.

This is the way to find the happiness of realization.

(continued next issue)

EDITOR'S NOTE— The *SENTINEL* extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk *.



Lest We Forget

William Basehore
 Vera Cavender
 The Corillo Family
 Bessie Davis
 Isa Goodwin
 Kathleen Graves
 Michael Graves
 Irene
 Grace Johnson
 Jonathan
 Jonquil
 Mary Leishman

Harold Lucas
 Joe Neumann
 Erik Othberg
 Peck
 Peppermint
 George R. Robertson
 Thomas Smith
 Snowflake
 Sunshine
 Britta Uppstrom
 Vera Youdavitch

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name is requested.

THERE IS NO DEATH THERE ARE NO DEAD

continued from page 14

been established between the spirit and the mortal world. This news astounded the world; the church sneered; the world condemned; but the fiat had gone forth. The veil had been rent asunder, never again to be closed, until today the whole world celebrates in song, story and sermon, retelling the story of how a murdered peddler broke through and rapped the story that he still lived.

Christmas the church bells sing out the glad refrain of the natal day of Jesus, born in a manger—the story upon which millions of Christians found their religion and celebrate each recurring December 25 as the greatest day on the Christian calendar.

The Easter bells ring out the tidings of a great day. "He is risen!" Hallelujah! Hallelujah! Shout the chorus! People flock to churches to celebrate the day Jesus rose from the dead.

March 31 is the day when Spiritualists celebrate the dawn of a new era which has changed the thought of the world; when they celebrate the anniversary of the rappings at Hydesville, which told the world that death is but a change from the physical to the spiritual world; that the

personality still persists in the world of spirit; that those who have left the scene of their earthly labors can return to those still on earth. This is why we jubilate. This is why we celebrate, and in looking back to the day when Modern Spiritualism (as we term it) dawned upon an astonished world, in casting a retrospective glance over the history of one of the greatest Movements the world has ever known, one fraught with so much of interest to the human race, revealing to mankind secrets which have hitherto puzzled the most eminent scholars, theologians and scientists concerning the fact of continued life after the change called death—we are struck with the magnitude of the Movement which in less than a century has attained such gigantic proportions.

Born in humility and obscurity, persecuted and maligned in its infancy and youth, doubted, ridiculed and derided on every hand, it has steadily grown until it has many million adherents. It has crept silently into the pages of popular books, magazines, newspapers, as well as stage and screen, throughout the world, until unconsciously the public mind has been educated

(continued page 31)



Poet's Pen

KNOWING SERENITY

Oh dear God,
Help me to understand
The error of my ways.
Help me to overcome
The hurdle and obstacles
That seem to-be in my path.
Help me to subdue my ego and
Help me learn to let go.
Help me to set the "right laws"
into motion
For my good and that of
my fellow man;
Help me to do good
Wherever I can.
This I ask in all humility
Then and only then,
Will I know Serenity.

—Kay Pipkin

THERE IS NO DEATH—THERE ARE NO DEAD

continued from page 29

and moulded into conformity therewith. True it has not yet entirely overcome all bigotry and superstition, the outgrowth of an ignorant past, but that it has had a decidedly counteracting and liberalizing effect cannot be denied. The pulpits everywhere under the magical influence of the inspiration of the present are voicing its truths, and either silently ignoring the errors of the past or boldly proclaiming their worthlessness to meet the demands of the growing intelligence of mankind.

March 31, 1848 ushered in a new era for the human race, an era which had its beginning with the tiny raps at Hydesville and will culminate only in the distant cycles of the future.

Mr. and Mrs. Fox, parents of Kathryn and Margaret Fox, the Hydesville child mediums, were native born Americans. Their ancestors were German, the name originally being Voss, afterwards changed to Foss, then to Fox. Margaret Rutan, maternal grandmother of Mrs. Fox, had from childhood evinced the power of foretelling future events, and many times had visions of the funerals of those who were still living. These visions always proved correct and the

details which she related were afterwards verified.

The story of how the little Fox girls first heard the raps, how they at last succeeded in arranging a crude code by which they could communicate with Charles Rosna, has been retold again and again.

Though the family begged that everything be kept a profound secret, they soon found it was not so kept. The Spirits were determined that the truth be given to the world, and directed that private circles should be held at different houses. This was done; then a public meeting was arranged on November 14, 1849, in Corinthian Hall, Rochester, N.Y., which marked the beginning of a world-wide investigation by prominent people everywhere. Horace Greeley was one of the best friends the Fox girls ever had, arranging many meetings for them. Their mediumship gave the answer to the age-old question: "If a man die, shall he live again." It was proven we no longer need a priest or preacher to tell us to have faith in God; that if we accept the teachings of the church we will have eternal life. Instead, we have learned we are spirit here and now, a part of God, and in the fullness of time

(continued page 33)

THE LIVING LIGHT PHILOSOPHY

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For beginning or advanced students of life. The LIVING LIGHT philosophy has been designed to bring you all the necessary keys to unlock the doors of your universe that your *heart* may open, that you may experience the *freedom*, the *joy* of living, the *truth* of life herself.

A complimentary descriptive cassette catalog is available upon request. It gives details of the Serenity Cassette Club and how substantial savings may be effected through membership in it.

Write to: SERENITY ASSOCIATION
 P. O. BOX 137
 FOREST KNOLLS, CA. 94933

THERE IS NO DEATH—THERE ARE NO DEAD

continued from page 31

every soul will come to its own; that we reap what we sow, and make our own happiness or unhappiness as we obey or disobey nature's physical and spiritual laws; that the highest morality is contained in the Golden Rule.

Spiritualism is the coming universal religion. It is the life blood of Christianity; in fact, it is Christianity plus. Its adherents are in every walk of life, its builders are those who bore the heat and burden of the day during the years when to announce you were a Spiritualist invited ostracism.

Enshrined on the enduring

monuments that mark the milestones of Modern Spiritualism are many names of martyrs to their convictions who sacrificed all, to spread the New Revelation.

From that humble beginning in Hydesville Spiritualism has spread through thirty-eight nations. Spiritualist magazines and papers are printed in many languages. We have an International Spiritualist Federation which holds a Triennial Congress, and is doing a splendid work spreading the Gospel of Modern Spiritualism throughout the entire world.

TO SEE

Sometimes we think that fate is harsh indeed
 When it seems bent to teach just what we need.
 We place our hope upon one thing in life,
 We love and then our heart's at strife.
 If only we could see what's our true goal,
 Less sorrow would there be to fill our soul.

—Ardoine E. Casgrain

THE PENETRALIA

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betwitching guest and the best philosopher.

Why does philosophical education destroy superstition?

Because superstition is the product of Imagination, during that faculty's childish years, prior to its cultivation and manhood; hence the more wild and undisciplined a people (like the ancient Chinese, Egyptians, Persians and Jews), the more crude their reports of God—the more supernatural and extravagant their conceptions of religion.

Are religion and philosophy incompatible?

Religion and philosophy are sister and brother; no twins of Father-God and Mother-Nature were ever more of one accord!

How, then, will you explain the conflicts which frequently occur between them?

There is no conflict between the religion of Nature and pure philosophy. Philosophy is a universal harmonizer, and interferes with religion only when its fruitful superstitions and consequent exaggerations contradict the soul's highest affirmations—a just and wholesome interference which, resembling a wise parent checking a child's impetuosity and untruthfulness, does no injury, but, instead, strengthens and beautifies and intensifies yet more and more the native glory of all true Religion and pure Humanity.

QUESTIONS ON LIFE, LOCAL AND UNIVERSAL

What is Life?

Life is felt by countless myriads; bringing to each a variable value and a different significance. Hence many and various words, embodying dissimilar postulates, are summoned to the work of definition. There are at this moment nearly a thousand millions of human beings on this globe; therefore, to the problem of Life, there are nearly a thousand millions of solutions. Man's conception of the answer

will correspond to two conditions—first, the *circumstances* of his body—second, the *centerstances* of his spirit; and, however antagonistic the responses emanating from those in opposite states of flesh and spirit, yet, on the final analysis and synthetic judgment, all answers will be pronounced essentially homogeneous, and consistent every way, with the doctrine of a universal Brotherhood.

(continued next issue)



THIS IS MY CHURCH

This is my Church.
It is composed of
people like me.
We make it what it is.

I want it to be a
Church that is a
lamp to the path
of pilgrims, leading
them to goodness,
truth and beauty.

It will be, if I am.

It will be friendly if I am.
Its pews will be filled, if I help to
fill them.
It will do a great work, if I work.
It will bring other people into its
worship and fellowship, if I bring them.

It will be a Church of loyalty and love,
of fearlessness and faith, and a Church
with a noble spirit—if I, who make it
what it is, am filled with these.

Therefore, with the help of God, I shall
dedicate myself to the task of being
all of these things that I want my
Church to be.

—From "I Belong"
by Hoover Rupert

Serenity Spiritualist Association
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NSAC

